



## PROCLAMATION

**WHEREAS**, Heart disease is the Number 1 killer of women both nationally and within the state of Tennessee; and cardiovascular diseases cause one in three women's deaths each year, killing approximately one woman every minute; and

**WHEREAS**, an estimated 43 million women in the U.S. are affected by cardiovascular diseases; and ninety percent of women have one or more risk factors for developing heart disease, yet only one in five American women believe that heart disease is her greatest health threat; and

**WHEREAS**, heart disease and stroke account for 30% of all female deaths in Tennessee, killing nearly 24 Tennessean women each day, and Tennessee has the 7th highest death rate from cardiovascular disease in the country, and

**WHEREAS**, women involved with the American Heart Association's Go Red For Women® movement live healthier lives, nearly ninety percent have made at least one healthy behavior change.

**WHEREAS**, Go Red For Women is asking all Americas to Go Red by wearing red and speaking red.

- Get Your Numbers: Ask your doctor to check your blood pressure and cholesterol.
- Own Your Lifestyle: Stop smoking, lose weight, exercise and eat healthy.
- Raise Your Voice: Advocate for more women-related research and education.
- Educate Your Family: Make healthy food choices for you and your family. Teach your kids the importance of staying active.
- Don't be silent: Tell every woman you know that heart disease is their No. 1 killer. Raise your voice at [GoRedForWomen.org](http://GoRedForWomen.org).

**NOW, THEREFORE**, I Dr. Ken Moore, in recognition of the importance of the ongoing fight against heart disease and stroke, do hereby proclaim Friday, February 3, 2017 to be

### NATIONAL WEAR RED DAY®

and urge all citizens to show their support for women and the fight against heart disease by commemorating this day by the wearing of the color red. By increasing awareness, speaking up about heart disease, and empowering women to reduce their risk for cardiovascular disease, we can save thousands of lives each year.

  
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Dr. Ken Moore, Mayor  
Franklin, Tennessee